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## MAN, THE UNIVERSE

A lecture given at Serenity Spiritualist Church on January 7, 1973 through the Mediumship of Richard P. Goodwin.

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## MAN, THE UNIVERSE

# A lecture given at Serenity Spiritualist Church on January 7, 1973 through the Mediumship of Richard P. Goodwin.

For many years these friends through the world of spirit have repeatedly asked that we broaden our horizons, that we expand our consciousness, that we be more receptive to the possibilities and the probabilities, that life is not only eternal but that life is everywhere.

My good friends, again and again it is spoken that God is everywhere present and never absent or away. We understand God to be this great Infinite Intelligence. If it is in truth everywhere present, never absent or away, that simply would mean that there is no place in all the universes that life does not exist.

Indeed we must ask ourselves the question, "What inside of us could possibly entertain the thought that we and we alone are the only evolved intelligent beings in all of God's universes?"

In this age we are going to see great things throughout the universes. There will be a great need for spiritually awakened people to help the masses that they do not stumble and fall along the way. We in truth know that we are indeed one. There is no separation in truth. The power that moves our body, that causes us to think is one and the same power. We are a universe in and of itself. Everything that we see and everything that we hear, wherever we go and wherever we be, is ever, my good friends, inside of ourselves.

It is the illusion caused by our mind through error and through ignorance that causes us to think that things that we need or desire to attain are in some far off distant place. As long as we choose to limit our universe in that way that's just as long as it's going to be that we remain so-called little men.

God, the divine, is a kind power. It is; it doesn't have to be told. It is the eternity. The moment that it expresses through form, form being the dual expression of creation, makes choices; and we choose at any given moment to be happy or to be sad, to be limited or to be limitless. My good friends, it is totally dependent upon ourself. For centuries man has cried to what he has called a god for help. We can never receive help until we become receptive to it; but the brain, the mind, the ego decides what help is for oneself, where it's to come from, when it is to come, and how it is to come. When that happens, man and man alone, be-

comes the great obstruction to his own freedom, to his own peace, and to his own joy.

And so the question rises, "How can I be receptive to the things that I feel I need or desire?" When man becomes in harmony with the thing desired, he becomes it in mind, in thought, and in being. When that happens, he experiences it in a physical, material world. My good friends, this is a thinking world. Everything that you see is nothing more than the effect of the power known as thought. As it was stated during our healing services, thought is the vehicle through which God, the greatest power that ever be, there is, or ever has been-it is the vehicle through which that power moves.

There are many teachings on the new thought age of how to be positive. We can indeed be positive with what is known as our conscious mind, but if our conscious thoughts are not in rapport or in harmony with our subconscious ones, then we have failure. And so it is the students are taught to know yourself through daily silent meditation. For when man knows himself he will free himself, for he is his only obstruction and he is in truth his only way.

What is a godly man? We understand that to be good. And what is good? Some say what is good to them is indeed bad to another. When we express the divinity within ourselves we cannot help but awaken to the great truth that the one and only God really there is a God of power, of humbleness. It knows; it doesn't have to be told. It has total consideration. It does not give to one and deny to another. For when the rains fall, they fall on everything.

Choice, my friends, is made by man. And therefore, he chooses to be healthy and he chooses to be sick; he chooses to be wealthy and he chooses to be poor. How does man make those choices and yet be ignorant consciously of what he has done. It depends, my friends, on what you are entertaining in thought in the depths of your own inner-mind. It depends on what you have been brainwashed to from childhood to your present moment. How does man find out what his mental obstructions are, when he does not make the effort to know himself?

So many in these works of spirituality and communication have asked-many a student has asked-how can you contact this other dimension? My good friends, it is very simple. It is the mind that communicates with the mind and it is the body that communicates with the body and it is the spirit that communicates with the spirit. And so indeed it is simple—awaken our own spirit and when our own spirit awakens, it will contact all spirits around in the atmosphere that it is in rapport with.

If we are attracting things to us that are distasteful it is so simple to stop, to (Continued on Page 25)



## Book Review

"THE UNFOLDING UNIVERSE" by Arthur Findlay - Psychic Press, Ltd., London Reviewed by Dorothy Craine

In this book, the author gives us nothing short of a comprehensive picture of the Universe and a sound review of the history of man and his ideas. It is a master—piece of reasoning and understandable system. He appeals to reason and to knowledge, not to blind faith, and his psychic experience enriches the test. He never departs from the scientific method and the conclusions of modern science.

Findlay's own vigorous teaching spirit comes through each page, illuminating and guiding with joyful enthusiasm and strong conviction. He emphasizes, "Knowledge based on evidence makes men and women free, makes them happy and makes them respect each other. Ignorance is the enemy of mankind."

His scholarly chapter on the Evolution of Christianity separates very clearly throughout all ages the materiality and church-centered, and priest-centered values from the religious truths of the times. His chapter on the Age of Superstition is a brilliant essay, having great meaning today. His teaching is: "My aim is to make people look below the surface of things, not just to accept what is generally believed, because, as the more deeply they think, so does the universe unfold before them. The thinkers live in an unfolding universe, to their great joy and happiness."

Our destiny is to reach infinity on the ladder of knowledge and self-purification, with our individuality unimpaired, and upon reaching this goal, we will no longer be finite beings. Our minds will then have returned home after their journey through matter. It is the end of our unfolding.

Findlay speaks of religion as the felt yearning (again self-experienced) to attain at-one-ness with the Cosmic Mind. When we do, we are in a state of harmony with all that is. This yearning is the magnet which draws the mystic beyond the physical, and the philosopher beyond earth's troubles. If we have but a glimpse of this state in our daily lives through perservering meditations or through a sudden uplifting strength in crisis or through turning some heartbreak into an educating experience and rising above all involvement.....then we can never fully turn back from the path of light. We do not regard the world of appearances as the limits of reality ever in the same way. We are stirred in our deepest consciousness to the effort and educa-

(Continued on Page 6)

## Continued from Page 5

tion needed to continue to dwell in the light, to advance in knowledge, wisdom and goodness.

The long slow steps in history from the Age of Darkness to the more enlightened times in which it is now possible to live reflect the development of the human race evolved on earth by spiritual growth, not by any other historical force. The great inventors and teachers, philosophers and champions of justice have been men of keen spiritual awareness. The ultimate vision of the author is of a future world religion which will embrace the universe in its teachings and its members will be all mankind. Its priests will be the mediums, the teachers and all the healers of humanity. It will be dedicated to love and service and within its scope the two worlds, the Etheric and the Earthly, will meet in harmonious communication.

Arthur Findlay is a profoundly educated man and one of great conviction who writes with a strong thrust of meaning. He will probably bend your wit and push a little on several of your preconceived opinions on history of man. He always insists that his readers must exercise their own judgement on the arguments and personal convictions he presents. The book is stimulating and rewarding.

#### EDITOR'S NOTE-

Books reviewed in this column are available through Serenity Spiritualist Association. Please see page 32 of the Sentinel for information regarding this book and others of interest.

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#### HYACINTHS TO FEED THY SOUL

If of thy mortal goods thou art bereft,
And from thy slender store two loaves
alone to thee are left,
Sell one, and with the dole
Buy hyacinths to feed thy soul.

## Student's Corner

SYNTHESIS OF THE SOUL

by Easter Jestadt

How often have you looked at a beautiful rose in full bloom and wondered what were nature's requirements before this perfect flower could reach a state of such complete maturity?

In the Bible we are told that in the beginning was the word. Also, in the beginning was total darkness—the same darkness that is found beneath the earth's surface and in so many souls today. It is at this point that we grasp the meaning of the synthesis of life or plant matter in regards to our own souls' needs.

The process of growth within the mind is akin to the synthesis of a plant. Observe it in its early struggles—its growth period. From beneath the soil, a very peculiar and yet understandable phenomenon occurs.

In the beginning is a seed, then a root system takes hold, and finally bursting through the ground a single stem lifting a small leaf materializes. Here we have a perfect display of synthesis—or more simply put—a combination of parts and elements necessary for the making of the perfect whole. For it is from out of the darkness of the earth that a new young leaf or life sprouts forth ever so tenderly into the light.

Is it not the same with our minds? Are we all not a combination of parts? Do we not all have root systems which move accordingly in order to build a firm foundation—something so very elemental and without which we cannot exist. Like plants we must use this science for it is only through method, consistency of thought and nourishment that our soul emerges out of the darkness and into the light as we become clear-sighted and pure in thought.

And that is heaven and a perfect whole.

#### THE FUNDAMENTAL FACTS OF SPIRITUALISM

by A. Campbell Holms

## Automatic Writing

Automatic writing is one of the principal means of spirit communication. The automatic writer is usually in the normal state, but as his hand is controlled by his subconscious mind, he himself is not conscious of any mental or muscular effort. His subconscious mind may act independntly, on its own, but usually it is controlled or influenced more or less thoroughly by impressions from external spirit minds acting upon it telepathically. A well developed automatic writer will write correctly whatever an external spirit may desire (though, owing to inherant difficulties in control, there is always a risk of sophistication.) With imperfect mediumship there may be influences from the medium's own mind and from interfering spirits who may get en rapport simultaniously and thus confuse the writing. A good automatic writer can write just as well with his eyes closed; he need pay no attention to the writing, and may even read a book while it is in progress.

## Spirit Communication

Spirit communications through an entranced medium are often more satisfactory and evidential than those obtained by other methods, for the medium's own personality is more thoroughly excluded. The spirit controlling an entranced medium is usually one of his own personal guides, who may act as spokesman for a spirit friends. When the spirit friend himself controls the medium, the tone of voice and manner of delivery may closely resemble those of the friend. If controlled by the spirit of a Frenchman, Italian or Greek, the medium will speak in these languages. If controlled by an erudite spirit he will speak in a learned way, and vice versa. The famous trance medium, Cora L. V. Richmond, when only fifteen years of age, discoursed under trance control on any subject suggested a minute before by the audience. On the subject, for instance, of "The Influence of Aryan Philosophy upon the Philosophy of Modern Times," she gave an eloquent lecture, logical and replete with erudition not possessed by savants among the audience.

Some trance mediums devote themselves to helping people to communicate with their departed friends, and many have been the means of bringing untold happiness (Continued on Page 14)

## Visitors Views



by Easter Jestadt

There he was, seated toward the rear of the church. My eyes riveted upon our new visitor, a nice-looking young man who was looking about with a "what in the world is this all about" attitude.

Hidden under a veneer of seeming disinterest I detected a very keen and alert mind, but he wasn't about to let on to anyone that there might be something to this. A very secretive young man, I thought. He did not participate in the healing service and did not put in a billet. Most probably he was dragged in by his girlfriend who was really keen on Spiritualism.

At this point, I pondered upon the various reasons why people do attend our little church. What really brings them in. Some people I have spoken to about this say that they are merely interested in the scientific or psychic value. Others have a deep need for a religious experience. And there are those who feel that the philosophy or teachings are of tremendous benefit. Whatever the reason may be, they do depart with a better understanding.

While entertaining these thoughts, I did observe that this particular young man did receive a message during the billet reading and he was somewhat piqued and a little bit aggravated at this invasion of his innermost thoughts. I do believe it touched a nerve, however.

Later, after the service, he was invited to the social brunch at the Pepperwood Restaurant. During brunch, he immediately became at ease and comfortable, as there were so many from the church there giving to him in a happy flow of lucid conversation, perhaps helping him in some way by their understanding. It was good to see. He was pondering and investigating in his own way.

As I got up to leave the table, he looked at me with those keen searching eyes and with a wide grin he said, "I will be back."

#### SPIRITUALIST DICTIONARY

#### Clairaudience:

A faculty of Extra Sensory Perception described as 'hearing' by the medium. It is often blended with clairvoyance in demonstrations of clairvoyance. Mediums with this faculty well developed can often give evidential details of unusual names.

#### Clairsentience:

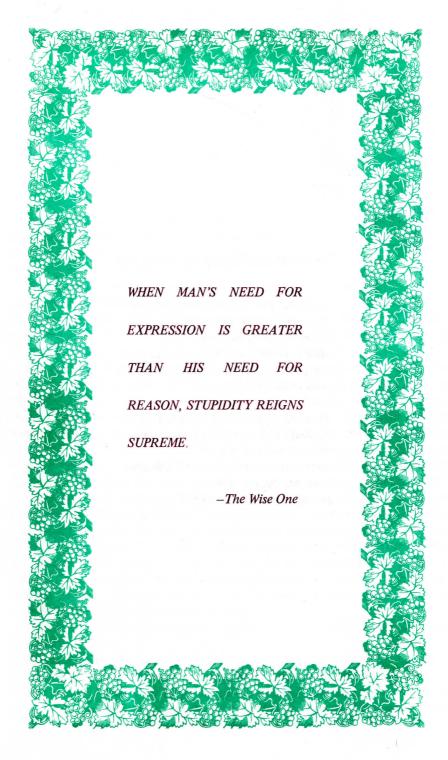
Psychic perception by sensing conditions pertaining to communicating entities and auric emanations, a faculty often blended with clairvoyance and psychometry in mediumship.

## Clairvoyance:

As meant by the Spiritualist: Extra Sensory Perception described as 'seeing' by the medium in which paranormal images are formed in the mind's eye. Generally used to describe any form of spirit communication by a medium in the 'normal.' In psychical research the meaning of clairvoyance is limited to paranormal perception of earthly objects beyond the range of the normal senses. The science of parapsychology defines it: 'An Extra Sensory correspondence between a present mental pattern of A and a past, present or future object or event in the physical world. In order to establish clairvoyance by experiment it is necessary to show that there is no mental pattern correlated to the physical event which belongs to the present, past or some future experience of any person other than A. That is, the event must never at any time be the object of sense-perception'. (Soal and Bateman).

## Psychometry:

A faculty discovered by Dr. J. R. Buchanan in 1842, whereby an object when held by a sensitive person, produces a community of sensation conveying the nature and history of the object. Some mediums possess this faculty, though when demonstrating, it is commonly augmented by other mediumistic faculties, such as clairvoyance, etc.



## PRAYER FOR SPIRITUAL HEALING

I ask the great Unseen Healing Force To remove all obstructions From my mind and body And to restore me to perfect health. I ask this in all sincerity and honesty And I will do my part.

I ask this great Unseen Healing Force To help both present and absent ones Who are in need of help And to restore them to perfect health. I put my trust In the Love and Power of God.

## Healing Hands

Healing hands are not the product of knowledge or intellect. One cannot set out to be a healer like deciding to become a dcotor, attending medical school and graduating with a degree.

Healing begins with the love of all life. This means-if while walking outside in a garden and a grasshopper dashes out in front of you, step over it. This means-if while hiking in the woods a snake startles you, let it go. If you are in nature's home, respect her rights in all things. So, one might say, the first rule toward becoming a healer is "Love all life and know the light."

The next rule is simplicity of heart. I once knew a boy who was about 10 years old. In the spring one year he found a young bird; a robin, too young to fly, which had fallen from the nest. He picked it up and it fluttered in his hands. "Cheep, cheep, cheep," it cried. He felt such gratitude, "Gee! It's wonderful that God should choose me to save this beautiful little robin from the jaws of the neighborhood cat!" On the way home, the little bird got away and the young boy ran after it into a neighbor's rose garden, heedless of the thorns as he picked up the bird once more. He placed the robin in a shoe box, poked holes in the cover to let in air, dug for worms daily to feed the bird, and gave it water from an eye dropper. Then one day, about a week later, the boy lifted the shoe box lid and out jumped a very fat robin! The bird flew around the room several times, finally resting on top of the mirror over the dresser. The boy's mother came into the room, opened the window, and encouraged the youth to let the bird have his freedom. The boy held his finger in front of the bird's beak, it jumped on and he took the bird to the window, saying, "Bye, bye, little friend," as the robin flew away. That is an example of healing done with purity of heart.

Thirdly, if you sincerely want to be a healer, you must set up system and order in your life.

Fourth and finally, be ready. It is said, "When the student is ready, the teacher will appear," So it is with healing—when the healer is ready, the patient will appear.

This is not intended to be an article on method and application, rather the intent is to give you four attitudes of mind to set your own universe in order, so that the healing power may flow through you.

by Robert Paulson

Continued from Page 8

to mourners who despairingly believed that their beloved ones were lost to them forever.

Communications from spirit friends, whatever the method employed, vary much in evidential value, i.e., the content of the messages may, or may not, be sufficient to prove conclusively that it is our friend who speaks. The spirit world surrounds us on all sides, and spirits of all kinds are ever ready to get in touch if facilities are offered, consequently, it is not always the friend we desire who comes. Often strangers come and talk, and some, lacking in moral rectitude, may pretend to be old friends, either with a view to receiving attention or, by way of a joke, to mislead and confound. With good experienced mediums such difficulties are rare, but with undeveloped, inexperienced mediums confusion and uncertainty are inevitable.

To communicate with spirit friends is usually a difficult and uncertain matter. It may become easy, however, if one devotes time and patience to the endeavor, and keeps in close touch with a friendly medium, or, better still, if one develops mediumship oneself. Spirits who purport to be our friends at first have great difficulty in proving their identity, because communications between the two worlds, even when both parties desire it, is no simple matter. It might be likened to using a defective, longdistance telephone, through which the tone of the voice is unrecognizable and the words feeble and confused owing to discontinuities and the jamming effect of other speakers. Later when, by practice, experience is acquired, difficulties disappear.

When trying to get into touch with a spirit friend through a medium much depends on whether the mentalities or psychic effluences of sitter and medium harmonize. While with one sitter a medium's psychic faculties may be at their best, with another they may be almost inoperative. And similary, at a mediumistic seance where there are several sitters, success depends greatly on the mental states of the various sitters, for the presence of even one who is unsympathetic or antagonistic may be sufficient, with sensitive mediums, to prevent all phenomena. For this reason seances with promiscuous sitters should be avoided as far as practicable.

The phenomena of trance control has been much studied by savants, and as a result, many eminent, learned men, who for years were confirmed skeptics, have been converted to the belief that our friends who have "died" still live, and, under certain conditions, can communicate with us through suitable mediums. In many cases the proof is so cogent and clear that no reasonable person can doubt it. Perhaps the most decisive proof is the fact that an entranced medium can carry on a conversation with a foreign sitter in his own language, which may be one quite unknown to the medium. (To be continued)



It only takes a little effort on our part to bring light into someone's life. A little service to the church will indeed help in its growth and in ours. I have been asked to write the "News and Views" column this month and I feel that although I'm new to this, any effort I will make is welcome.

Spiritual Awareness classes will be starting in May and because of the good response for enrollment, they may be booked up already for this next 12 week course. To see if there is room for you, see one of the church workers about enrolling. As you might have heard from the students who have taken the previous classes, the enlightenment they received will give them something to think about for years to come.

A friend of Serenity has taken her flight to the other side of the veil. We send Delaplane Power peace and understanding. We know, Del, that you will find your highest aspiration on the other side.

As you have seen, our choir is growing at Church. Serenity is pleased to see this and we would welcome any new persons who would like to sing in the choir. Please talk to one of the choir members if you are interested in participating.

February 9th was the evening the new Spiritualist church in Vacaville opened. Under the leadership of Mrs. Betty Clair, the opening of The Spiritualist Chapel of Awareness was an outstanding success. Serenity is very grateful to the people from our church who drove to Vacaville to help the opening of a sister church—Thank you for attending!

Our newest member of Serenity is Ryan Ream, arriving on February 1st. Ryan weighed in at 6 pounds, 13 ounces and was very verbal about his first impressions of the world. Congratulations to Mr. and Mrs. Harry F. (Sandy Jo) Ream! Sandy is the daughter of Mrs. Pauline Leonard, Secretary of Serenity Association.

"The Crystal Skull" is the title of a lecture to be given by Frank Dorland at 8:00 p.m. on Thursday, March 1st at the American Legion Log Cabin, San Anselmo. There is a new book by the same title, which came out about five weeks ago and already is a best seller. The Crystal Skull is a mysterious 12,000 year old skull made out of crystal. The lecture and colored slides will be fascinating and well worth seeing. There is a \$2.00 donation for the presentation.

Our thanks to all of you for sending us your Blue Chip stamps. We are always in need of office equipment or items for the church, so keep them coming!!!

#### A GUIDE TO MEDIUMSHIP AND PSYCHICAL UNFOLDMENT

by E. W. & M. H. Wallis

## Continued from last issue-

The normal psychic must consciously concentrate his attention on the effort to feel, to see, to hear, to 'sense' and know upon the plane of his inner consciousness. He must be receptive—keenly alive to impressions—that he may become cognizant of states of being, and be able to respond to, and interpret, the sensations that are produced in himself. But the sensitive who desires spirit guidance has to be negatively receptive. He is not the actor, but is acted upon. While by attention to the requisite conditions and by his motives and aspirations he may prepare himself for control, he has thereafter to act or speak, more or less consciously, under the direction, and carry into effect the wishes or purposes, of the intelligence who acts upon and through him. But while this is true it must not be supposed that spirit influence is limited to, and exerted solely upon, those who are known to be mediums; or that spirits do not assist those who use their own psychic faculties. It is probable that all people who are psychically sensitive and open to impressions are indebted to spirit helpers, whether they are conscious of the fact or not.

There is undoubtedly a greater degree of influx from the spirit side than even Spiritualists are aware. Many persons are indebted to spirit people for spontaneous impulses, which, while those persons act upon them and reap the consequences, they can neither explain nor trace to their source. Spirits frequently associate with and serve their earth friends, although the recipients of their benefactions are unaware of the fact. There would be very much more of this kind of guidance from the unseen, if, instead of being frightened, or repellant in their mental attitude towards the spirits, the great bulk of people were prepared to accept such assistance from the other side as perfectly natural and to be expected.

The basis of all enduring union is spiritual Permanency of harmony can alone be found on the plane of the spirit, and in that sympathy of soul which alone unites. There can be no true or lasting spiritual sympathy without reciprocity. The cultivation of the aspirational attitude, of the desire for the best possible results, would lead to the opening up of the powers of perception, reception, and expression of spiritual influences and inspirations of a high and helpful order, and lead to more intimate and stimulating relations with the people from beyond the borderland between the two worlds.

(Continued on Page 21)

## HAVE YOU WRITTEN?

Have you been meaning to write us a letter? Your notes or letters would be most welcome, for this is the only way we have of knowing what articles you especially enjoy reading in the new Sentinel. Have we omitted anything you consider important? Have you any questions to ask of the columnists or editor? PLEASE LET US HEAR FROM YOU SOON AND OFTEN.

-The Editor

#### FROM FIRE-MIST TO MAN

## **EVOLUTION SPIRITUALLY INTERPRETED**

By Andrew Jackson Davis

(Continued from last issue)

To illustrate—If two organic bodies of different moulds, say two of the fish genus but of different species, should gravitate and coalesce under a set of homogeneous circumstances, the inevitable consequences would be the destruction of both types in the formation of a distinctly new order. We do not hold that one type of organism, by any conceivable possibility, can gradually modify its shape and ascend into another type—as a bimanal changing into a human being. But this we affirm:

That a particular type is made the medium through its ripened spermatozoa and germ essence of developing a superior form of fixed organism. Nature is filled with the vitalic principles which, when a proper embryonic fluid is deposited, impregnates the procreative function of one plant or animal to the development of an order superior. It is all accomplished through the animating and spermatic principles. Alteration in body begins in the seed-essence of the soul.

It would be instructive just here in observing the action of the male and female principles, to remark with what admirable regularity they pass to and fro, weaving atom to atom and thus construct the web of life. Let us observe the operation

Sea-shells first created forms. A single motion was only visible which began at the center and wound spirally round and round till it reached the outer surface. This is the negative or female force. It is the operation of the Spirit of Mother-Nature. And the beautiful and musical shells we find on the seashores are made in this manner. They are the children of the first stage and manifestation of motion. Nature's primary motion is always simple and single, going from the center of some little mass toward the circumference, carrying gracefully along fine particles of mineral lime in its circular and spiral currents until its inherent momentum is perfectly exhausted. Constructing thus sea-shells, with even serpentine lines with colors many and varied according to the temperature.

The next motion was compound and dual, both contractive and expansive; from the center outwardly and the reverse, thus establishing a primitive system of circulation as it were, resembling very remotely but prophetically veins and arteries. This system perfectly illustrates the male and female law in legitimate conjunction. We are constrained to believe, therefore, that the first sea-shells and first fishes were not illegitimate children, but like ourselves belong to the Universal Parents.

#### THE A.B.C. OF SPIRITUALISM

By B.F. Austin, A.M., D.D.

## 11. Is not Spiritualism based upon the Bible?

No. The Bible so far as it is inspired and true is based upon Mediumship and therefore, both Christianity (the simple and beautiful teaching of Jesus-real primitive Christianity) and Spiritualism rest on the same basis.

Spiritualism does not depend for its credentials and proof upon any former revelation.

## 12. Are true primitive Christianity and true Spiritualism opposed and opposing systems?

Not at all. Both originated through Mediumship. Both teach the spiritual nature of man; both teach and illustrate the continuity of life after death; both teach salvation by knowledge of, and obedience to, the Truth; both teach the intercommunion of the two worlds.

The conflict, if any, is between Spiritualism and the spurious Churchianity of today, which has usurped the place of the truly spiritual teachings of Jesus, and is teaching what Jesus never taught and is not teaching what Jesus did teach.

## 13. What is the relation then, between true Spiritualism and true Christianity?

Each is independent of the other, having its own evidences and proofs, yet buttressing each other since their claims and teachings are so similar and their proofs and evidences are essentially one. The proofs by which early Christianity was established were known as Miracles; the proofs of the truth of Spiritualism are known as psychic phenomena. These are one in character.

## 14. How do Spiritualism and true Christianity buttress each other?

In this way: If the early miracles really happened—such as the healing of the sick, the gift of tongues, the lights and sounds of Pentecost, the remarkable deliverances of the followers of Jesus, etc., etc.,—it is evident they occurred in nature's order, and therefore, may happen in our time. If, on the other hand, the psychic phenomena of today are genuine, why should we doubt precisely the same happenings (under another name) in early Christianity?

## 15. Do Spiritualists deny the existence of the historic Jesus?

No. The vast body of Spiritualists, including all their representative writers, accept Jesus as a historical character. They do not deny his miracles, though they hold it is impossible to make certain to human minds the happenings of two thousand years ago. Spiritualists as a body venerate the name and character of Jesus and regard him as the world's great Teacher and Exemplar.

# The Living Light

In this new book are the wonderful teachings of the Old Man, which were given as progressive lessons to a class in spiritual unfoldment through the mediumship of Richard P. Goodwin. It has been nine years since the beginning of the Old Man's instruction directly through trance-voice. Again and again we are introduced to a continuing and tantalizing series of new subjects, lovingly explained and carefully attuned to our understanding.

The Old Man (we are never told his name) is one known as a Teacher of Light. He is a fine teacher; in a hundred ways he intertwines his allegory, progressive explanation, unfolding exercises and timely references to reach many levels of individual minds. "Think more often and think more deeply," he tells us.

In "The Living Light," he makes clear that his lessons are not dogma, creed or a narrow way, but his beautiful form of instruction to aid us in our own individual progression. "The Living Light" is unique, the first and fresh expression of the individual understanding of Great Teacher from other dimensions understanding developed in him in centuries of study in higher realms. The lesiningal sons to be perceived are not new, they are very old, but they are alive and new to certain levels of our being. This is why they are given now, in our time, for those who seek. The way is not easy. but it is beautiful. In this book, gently taught in simple, direct language is a course of study, and continuous inspirational and directive reading, for the study of the unfoldment of the spirit and psychical awareness, the Divine spark in every man.

## Selected Passages:

"Dreamer, dream a life of beauty before your dream starts dreaming you." "As I came upon the mountain and felt the glory of my God, I looked about in wonder at the many paths I'd trod."

"Oh, Love divine, a servant be, till selfishness imprisons me."

"The Living Light" is invaluable, timely and meant for everyone.

Order now your copy of the limited deluxe first edition "The Living Light."

\$10.50 per copy, plus 30 & handling and mailing. Mail order to: Serenity Publications, P. O. Box 137, Forest Knolls, California 94933.

## (Continued from page 16)

## A Wide Field for Research

In dealing with the question of the effects of mediumship we find that there are many important problems that confront us and await solution. A very wide field of research is opened up to us in the science, philosophy, and religion of the spirit.

While the phenomena of mediumship serve the purpose of supplying the foundation evidences of spirit existence and identity, they also challenge us to the investigation of the spiritual forces, laws, and principles which operate in the constitution of the universe and the nature of man. The phenomena called spiritual present many difficulties and suggest numerous possibilities, and compel us, as students, to undertake the work of the discovery, explanation, and application of the truth regarding ourselves, our responsibilities, our place in Nature, our destiny, our relationship to others and to the 'Power not ourselves'—the Supreme Immanent Life—the Spirit Divine—that ever makes for righteousness.

## Mediumship and Self-Development

There seems to be a disposition in some quarters to regard mediumship as inimical to self-development; to argue that 'control' by spirits is injurious to the medium—or to the spirit—or to both. It is not infrequently asserted, inferentially assumed, that to be a medium involves loss of individuality and consequent injury to the selfhood of the medium. There are some even who hold that a medium should think little and know less, that the evidence of the superior ability of the spirit may be the more apparent. There may be some mediums who are 'ignoramuses,' but it is doubtful if there will be any great degree of intelligence or high spiritual illumination presented through their agency. It is possible that some mediums act foolishly when in their normal state for the purpose of accentuating the difference between their ordinary and abnormal conditions of mental activity; but there is a more rational, intelligent, and, indeed, a more spiritual conception of the relations which should exist between mediums and their spirit 'guides,' which is rapidly finding favor with thoughtful mediums and Spiritualists alike. There is a 'more excellent way' of approaching the people of the unseen realm whereby good, not evil, accrues to both sensitive and spirit.

(To be continued in next issue)



by Edie Faubel

#### APPLE CAKE

6 Tbs. soft butter or margarine 2 tsp. baking soda

2 cups granulated sugar 2 cups flour

2 beaten eggs 2 tsp. vanilla

1 tsp. cinnamon, nutmeg, salt 2 cups coarsely chopped nuts

6 cups coarsely diced apples (pippin, gravenstein)

Beat all ingredients together except for nuts and apples. (Dough will be very stiff.) Mix in nuts and apples and spread into a greased and floured  $13 \times 9 \times 2$  pan. Bake at  $350^{\circ}$  for 40-45 minutes.

#### CHILI CASSEROLE

Nellie Meldahl

1 lb. hamburger 1 cup dry macaroni (cooked)

1 diced onion 1 can tomato soup

1 can Dennison's Chili with beans 4 or 5 slices American cheese

Brown hamburger and onion; add next three ingredients. Pour into greased casserole dish and top with cheese slices. Heat in  $350^{\circ}$  oven until hot through.

#### APRICOT COOKIES

3/4 cup soft shortening 2 egg yolks 3/4 cup soft butter 3 cups flour

Apricot jam

Cream butter, shortening and sugar. Add egg yolks and flour; mix well. Form balls size of a walnut; make a nest in each with thumb. Place a little apricot jam in the nest. Bake at 325° until light brown (20 - 30 min.). Roll in powdered sugar if desired.

#### INVOCATION

We lift our hearts to the Great Oversoul which ever expresses through this still small voice within, in our desire to be more sensitive to the vibrations of that great world of Spirit. Give us something of the patience of the old oak trees in our endeavors to grow in understanding of basic truth, something of the simplicity of the flowers, in our faith and acceptance of spirit guidance. Give us somewhat of that wonderful power that sweeps the earth in storm and wind; something of the steadiness of the stars that nightly shine and the sun that wanes not. No common care would we neglect, but with faithful performance sanctify every deed and act. So we ask that the wise spirits, who are ever ready to guide and to help even the weakest child of earth, may draw near to us and teach us the way to everlasting peace. Amen.

#### SELF-RELIANCE

Trust thyself: That man with greatness of soul is he who in the midst of the crowd keeps with perfect composure the independence of solitude, who under the weight of great ills or misfortunes keeps a serene and equal mind.

If we live truly, we shall see truly and our intellectual and emotional faculties will be more accurately attuned to nature. Let us be strong and refuse to be weak; let us think for ourselves and not be overawed by so-called ancient authority.

When the mind in its revived vigor takes hold of new conceptions, we shall gladly unburden the memory of its hoarded load of misconceived doctrines.

When a man lives with the Divine, the grosser concepts gradually fall away from him, his mental horizon becomes clarified, his heart becomes more tender, his voice becomes as sweet as the murmur of the brook and the rustle of the corn, but his resolution becomes firmer and his courage dauntless.

Insist on thyself; do not imitate; yet imitation is better than stagnation. Thine own gift thou canst present every moment with the cumulative force of a whole nation's cultivation; but of the adopted talent of another though has only a temporary half-possession.

That which each can do best none but Nature can teach him. Do that which is justly assigned to thee, be it great or small, for thou canst not hope too much or dare too much, nor canst thou be abased by faithfully performing small duties.

#### **BENEDICTION**

May the presence of your spirit loved ones ever envelop you with spiritual power, protecting and guiding you always. Amen.



# Busy Bees

by Bonnie Droz

The Ladies' Guild and Men's Club is not only found in almost every Spiritualist church; these organizations are universal and can be found in almost every religion.

In the early days, the ladies sewed and embroidered the ornate robes for priests and ministers — even today, all over the world, they are busy making cassocks, surplices, and choir gowns. The men were and still are most valuable in manual labor within the churches. These individuals have always served self-lessly for their respective religions. Their talents are in their nimble fingers, ever busy sewing, stitching, with carpentry, rool tiling, etc., etc.

The groups usually have an annual bazaar. So it is with Serenity – we have ours in the fall of each year.

One of the main functions of the ladies' guilds or auxiliaries has always been that of fund raising for their churches, included with an opportunity to meet with and see their friends on a more informal basis than is possible on a church meeting day. Many beautiful and unique handcrafts have been made during these get-togethers. Ideas for funds have ofttimes bloomed into true big business,—helping in part to maintain and sustain the churches (whose costs are everincreasing). Serenity's own Raggedy Ann and Raggedy Andy dolls are an example of how—with united effort and selfless service, coupled with love and sincerity of purpose, creativity can bring reward.

Your creativity and nimble fingers are always needed – please see one of the workers at church – Busy Bees extends an open invitation to all!!!!!

## Continued from Page 4

pause, to think, to recognize and realize that our soul is expressing through a level of awareness. When we are experiencing something that is distasteful to us all we have to do is to think and to think more deeply; and we will rise from that level of awareness and in so doing, the experience that we are experiencing will disappear as it came to us from within our own being. Remember that no one saves us but ourselves. No one can and no one may, for we alone must walk the path. Teachers only show the way. We have the right at any moment, my friend, to awaken to our birthright. There is no reason—no reason whatsoever—that we should be sad or miserable or sick or disturbed. Peace and peace alone is the only power, for peace is God. And we have the right to choose that peace this moment here and now but in so choosing it we must also guard and protect it, for we go out into a world where there is seeming much disturbance and if we become in harmony with those disturbances we are robbing ourselves of the great peace that passeth all understanding.

I have for many years made it a practice to take a few moments each day and talk to myself for man in truth is three, not one. Most of humanity is aware of their conscious mind--a few, a very few, are aware of their subconscious--and yea, even fewer of their superconscious. And so it is, if you choose to do so, make a practice of talking to those other two. They are part of ourself. If you do so, you can free yourself and truly serve the purpose for which we have been sent here. Thank you.

#### A FAREWELL

My fairest child, I have no song to give you;

No lark could pipe to skies so dull and gray;

Yet, ere we part, one lesson I can leave you

For every day.

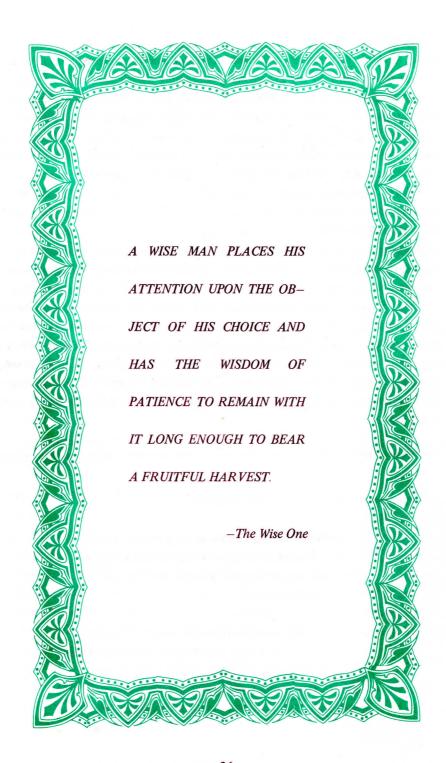
Be good, sweet maid, and let who will be clever;

Do noble things, not dream them, all day long:

And so make life, death, and that vast forever

One grand, sweet song.

-Charles Kingsley



#### BECOMING A SPIRITUALIST

## Spiritualism: God's Message by H. Gordon Burroughs

A poet has said that there should be many windows to our souls, and that the pane of one creed cannot catch all the scintillation from the throne of God. The world should be broad, liberal, tolerant, and should accept truths wherever found.

Spiritualism, in its broadest sense, is as ageless as God. There are some narrow Spiritualists who see in Spiritualism only the proof of communication with the Other Side. Anything that goes beyond that and takes in something that may have been presented by other occult teachers they are very apt to fear, lest in investigating other truths the significance of spirit communication will be lost.

There is no fear on that score. There has never been a time in the history of the human race that God has not spoken directly to the children of earth. He has spoken to the founders of every religious movement of which we have any knowledge. God spoke long before Christ came to the earth. The message of psychic truths was being given to the world long before our scriptures were written; the ancients of Egypt and India were giving to the world direct knowledge pertaining to life here, life after death, and the development of the soul, the "spiritual man".

God has always spoken to man and has spoken by one means only: through what today we term mediumship or the development of certain faculties, individually unfolded, by which God can give His message. He has given man inspiration; a few who understood the Law down through the ages were able to make it possible to be in direct touch with the guiding, controlling influence in all man's activities, which we have called Infinite Intelligence.

It would take hours perhaps to give a complete understanding of what is meant by "soul"; but the broader thinkers, those who have been striving to understand something of psychic and spiritual truths, recognize that man is soul animated by spirit. Spirit is The All. It is the immortal you that has always lived with God, been a part of God, and will continue to be a part of Him and to work with Him

Spiritualism is God's message because the philosophy of Spiritualism answers the questions of life. Confusion has arisen because man, not having thrown off all his selfishness or his keen desire for some of the truth, could not resist the temptation of building around that smattering of truth a mystical circle and creating a religious institution. The followers of all religious systems, in the early days at least, were mistaken because truth was shrouded in man-made institutions and became bound fettered, giving rise to intolerance.



Lest We Forget

Ansel Bailey

A. O'B. Bailey

Irene Bailey

Mrs. Bickford

Black Hawk

"Bugs"

Richard Burke

Emmet Clark

Leta Clark

Eldon Easterday

Clara Faubel

Henry Faubel

Heinrich Frohlich

John F, Gillespie II

John F. Gillespie III

Troy Gillespie

Delores Pearl Goodwin

Harold Goodwin

Isa A. Goodwin

Gretchen of Sleepy Hollow

Cecilia Harkness

Thomas Hawley

Joseph Kafi

Brig. Gen. Kabar Karimzad

Alexis Nicholas Krivor

Clara Krivor

Yuan Leong

Frank J. Manning

Mon Petit Chou

Emma Murray

Tom Murray

10111 Induitary

Gilbert D. Nelson

Delaplane Power

Edith Rogers

Sunny Ross

Ralph J. Stewart

Dr. James Strayer

Margaret L. Walker

To send a helpful thought of joy and light to those you love who have passed to the higher life, list their names in this column—Donation of one dollar per name.

#### DECLARATION OF PRINCIPLES

- 1. We believe in Infinite Intelligence.
- 2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
- 3. We affirm that a correct understanding of such expression and living in accordance therewith constitute true religion.
- 4. We affirm that the existence and personal identity of the individual continue after the change called death.
- 5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
- 6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you, do ye also unto them."
- 7. We affirm the moral responsibility of the individual, and that he makes his own happiness or unhappiness as he obeys or disobeys Nature's physical and spiritual laws.
- 8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.
- 9. We affirm that the Precept of Prophecy contained in the Bible is a Divine attribute proven through Mediumship.



#### The Call to the Father

The call to the father through the passage of awareness illumines all time and presence. The song is itself. a seed with wings of divinity. a path through the shadow of not knowing. I am that. only awake as I wish, lost in my tension doubting in the dark. or following my thought into the temples of consciousness. I want to know. I want to know. echoes in the chambers of my heart. until the lone spark in the abyss of infinity has become the desire to know.

-Art Rosch

#### Outwitted

He drew a circle that shut me out— Heretic, rebel, a thing to flout. But Love and I had the wit to win: We drew a circle that took him in! —Edwin Markham

## A Bag of Tools

Isn't it strange
That princes and kings,
And clowns that caper
In sawdust rings,
And common people
Like you and me
Are builders for eternity?

Each is given a bag of tools,
A shapeless mass,
A book of rules;
And each must make—
Ere life is flown—
A stumbling block
Or a steppingstone.
—R. L. Sharpe

#### **Patience**

Let us, then, be up and doing, With a heart for any fate; Still achieving, still pursuing, Learn to labor and to wait. —Henry W. Longfellow

#### FABLES FOR YOUNG AND OLD

#### THE WOLF AND THE LAMB

A wolf and a lamb were accidentally drinking from the same stream. The wolf stood towards the head of the stream and the lamb at some distance below. The mischievous wolf, determined to quarrel, fiercely demanded, "How dare you disturb the water which I am drinking?" The poor lamb trembling all over replied, "How, I beg you, can that possibly be the case, since the current comes from you to me?" Taken aback by the force of truth, the wolf changed the accusation. "Six months ago," said he, "you vilely slandered and insulted me." "Impossible," returned the lamb, "for I was not yet born." "No matter! It was your father then or some of your relations," and immediately seized the innocent lamb, tearing him to pieces. HE WHO IS DETERMINED TO COMMIT A BAD ACTION WILL SELDOM BE AT A LOSS FOR A PRETENSE TO DO SO.

#### THE WOLF AND THE CRANE

A wolf, in gorging himself upon some poor animal he had killed, had got a small bone stuck in his throat. The pain was terrible, and he ran up and down beseeching every animal he met to relieve him. Non of the animals, however, felt very sorry for the wolf, for, as one of them put it, "That bone which is stuck in the wolf's throat might just as well be one of mine."

Finally the suffering wolf met the crane. "I'll give you anything," he whined, "if you will help take this bone out of my throat."

The crane, moved by his entreaties and promises of reward, ventured her long neck down the wolf's throat and drew out the bone. She then modestly asked for the promised reward.

"Reward?" barked the wolf, showing his teeth. "Of all the ungrateful creatures!! I have permitted you to live to tell your grandchildren that you put your head in a wolf's mouth without having it bitten off, and then you ask for a reward! Get out of here before I change my mind!" THOSE WHO LIVE ON EXPECTATION ARE SURE TO BE DISAPPOINTED.



# Serenity Books

#### SPIRITUALISM AND RELATED SUBJECTS

THE UNFOLDING UNIVERSE	
by Arthur Findlay	<b></b>
THIRTY YEARS AMONG THE DEAD	
by Carl A. Wickland, M. D	\$6.95
THEY LIVE-A REPORT	
by Rowland F. Nye	
30-DAY MENTAL DIET	
by Willis Kinnear	
PSYCHO-CYBERNETICS	
by Maxwell Maltz, M. D., F.I.C.S.	
DOCTOR PSYCHO-CYBERNETICS	
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by Alexandra David-Neel	
BECOMING A SPIRITUALIST	
by H. Gordon Burroughs	\$4.25

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## **EVER-RECURRING QUESTIONS**

by Andrew Jackson Davis

QUESTION: "I have been credibly informed that you saw the spirit of Frances Wright, at High Rock Tower, in your vision of the Spiritual Congress, some months previous to her death. If so, how could it occur?"

ANSWER: Your informant is wholly mistaken. The authentic record of that memorable Vision may be found in "The Present Age and Inner Life." On the occasion referred to, the Seer is reported to have seen but four glorified beings. The members of the Congress were not individually visible to his perceptions. He saw them en masse, not particularly as to their features, and in conversation he was addressed by only one of the four.

Months subsequently the same spirit, Galen, came with an account of the proceedings of the different Sessions of the Congress; at which time the Seer acted in the capacity of reporter simply, and reduced to writing the "exordia," with the names given as members of the different Delegations, as imparted by the spirit of Galen. Why the name of Frances Wright was given as a member of the American Delegation we do not know, unless it was done in prophetic anticipation of her arrival and co-operation.

QUESTION: "Will you be kind enough to answer the following questions: 1st, Do spirits have local habitations? 2nd. Are those habitations as diversified as on earth? 3rd, Do the races of men retain their original color?"

ANSWER: The homes of the loved, and not lost, are visible on every side of the Summer Land, Brotherhoods are likewise visible—immense congregations of mutually attracted natures—just beyond the homes and habitations of the less gregarious. The divine light of immortality glorifies the pathway of every inhabitant. In our Father's and Mother's "house there are many" apartments—lovely to the loving, glorious to the hopeful, filled with rest to the harmonious—but you will discover that a man will certainly find in his next life the effects of this, for it is a fixed law that "as a man thinketh" so will the externals of that world seem to him. The spirit's Home is a natural world, regulated by natural laws, covered by a natural firmament, animated by a natural Deity, populated by natural spirits and angels who were once men and women, and it is therefore natural that dwelling-places should diversify the landscape.

The physiological color of races does not continue, though their mental peculiarities do; but it is distinctly made manifest that persons, in the spirit world, have complexions in accordance with the state and degree of their moral development. For example: An immoral Anglo Saxon after death is likely to appear with a blacker face than that of his simple-hearted, faithful African servant; for it is a fixed principle of mind that the exterior shall correspond, both in shape and complexion, to the interior spiritual state.

#### YOU NEVER CAN TELL

by Ella Wheeler Wilcox

You never can tell when you send a word
Like an arrow shot from a bow

By an archer blind, be it cruel or kind,
Just where it may chance to go.

It may pierce the breast of your dearest friend,
Tipped with its poison or balm,

To a stranger's heart in life's great mart
It may carry its pain or its calm.

You never can tell when you do an act
Just what the result will be,
But with every deed you are sowing a seed,
Though the harvest you may not see.
Each kindly act is an acorn dropped
In God's productive soil;
You may not know, but the tree shall grow
With shelter for those who toil.

You never can tell what your thoughts will do
In bringing you hate or love,
For thoughts are things, and their airy wings
Are swifter than carrier doves.
They follow the law of the universe—
Each thing must create its kind,
And they speed o'er the track to bring you back
Whatever went out from your mind.

## YOU NEVER CAN TELL

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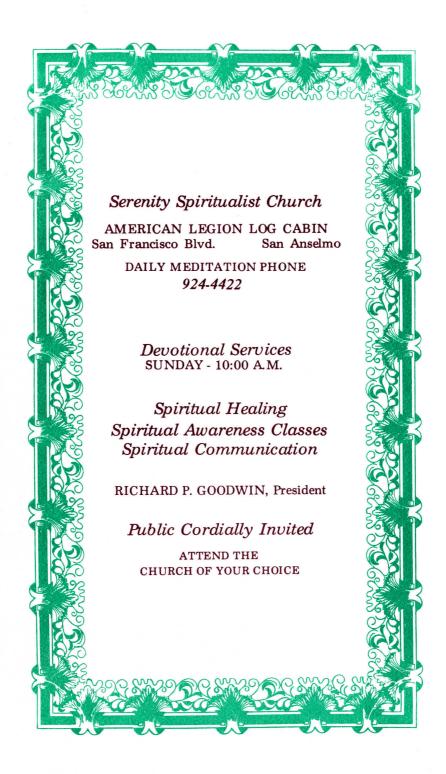
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